

Some Ways To Maintain Good Vision

For the many people who have had to deal with poor eyesight and look for ways to either [improve vision](#) or correct their vision problems, they would readily do anything to be able to regain perfect eyesight again. While corrective lenses such as contacts or glasses can be used, or other methods such as lasik surgery or natural methods to [improve sight](#), these still do not come close to having excellent eyesight without needing corrective lenses or procedures.

If you still have good eyesight, or if you have children or loved ones who still enjoy 20/20 vision, reminding them of the importance of taking care of the eyes is very important. According to experts, one of the biggest causes of eye strain and vision problems today is the various screens of technology. People have become heavily-dependent on smartphones, computers, laptops, tablets, and other screens, not to mention television sets. These devices, if used incorrectly or for excessively long durations, can cause eyestrain, dry eyes, and eventually, blurred vision.

For those who work extended periods of time in front of a computer screen, a good rule of thumb is to keep the monitor or screen at least 5 to 9 inches below eye level, and at a safe distance of at least 12 inches away from your face. Lowering the monitor level brings your eye lids downward and encourages a healthy blink rate. The screen should have no glare from sunlight or other light fixtures around you. Also, look away from the screen every 20 minutes or so, and try to focus on something about 20 feet away from you for 20 seconds (this helps the eye's focusing mechanism).

For people who spend a lot of time outdoors, protecting the eyes from the sun's UV rays is also important in taking care of your eyesight. Overexposure to sunlight can cause numerous eye and vision problems, including macular degeneration, cataracts, and pterygia. In order to protect your eyes, use sunglasses with UV protection. An ideal-sized pair of sunglasses to protect your eyes would cover part of the forehead to the cheek, wrapped around the temple region.

Having your eyes regularly checked by your ophthalmologist at least every other year. If your family history includes vision problems or eye conditions such as glaucoma or cataracts, it is better to have your eyes checked even more frequently. This is to make sure that any problems with your vision would be detected right away, and treatments or mitigation can be applied immediately.

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